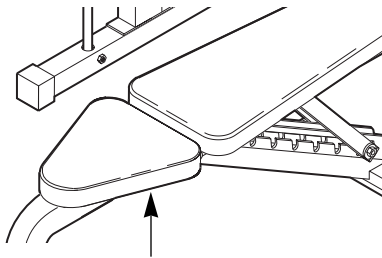


IMAGE[®] 3.8

Model No. IMBE41990

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

USER'S MANUAL

QUESTIONS?

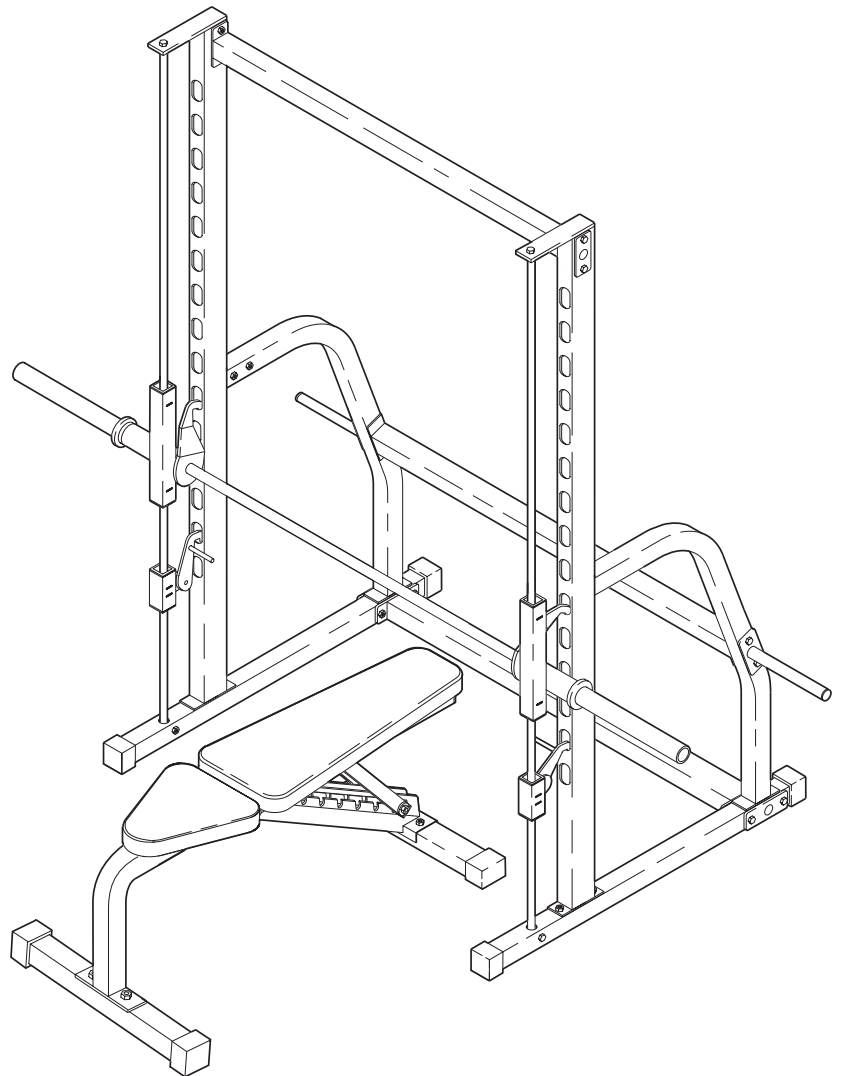
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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IMAGE 3.8

Table of Contents

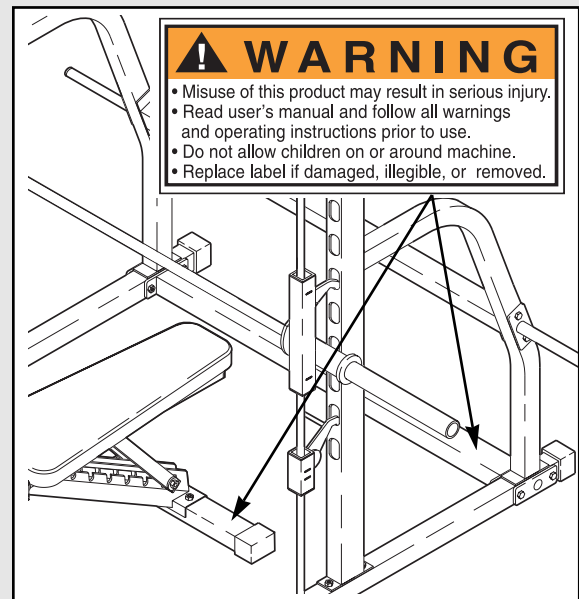
Important Precautions 3
Before You Begin 4
Part Identification Chart 5
Assembly 6
Adjusting the Weight Bench 14
Ordering Replacement Parts Back Cover
Limited Warranty Back Cover

Note: A Part List/Exploded Drawing is attached in the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always make sure there is an equal amount of weight (not included) on each side of the barbell.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell and weights (not included). Do not place more than 310 pounds, including the barbell, on the weight gliders and safety spotters.
12. Always set both safety spotters at the same height.
13. Always secure your weights (not included) with weight clips when they are mounted on the barbell.
14. Always move the bench out of the way when performing an exercise that does not use the bench.
15. The decals shown below have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

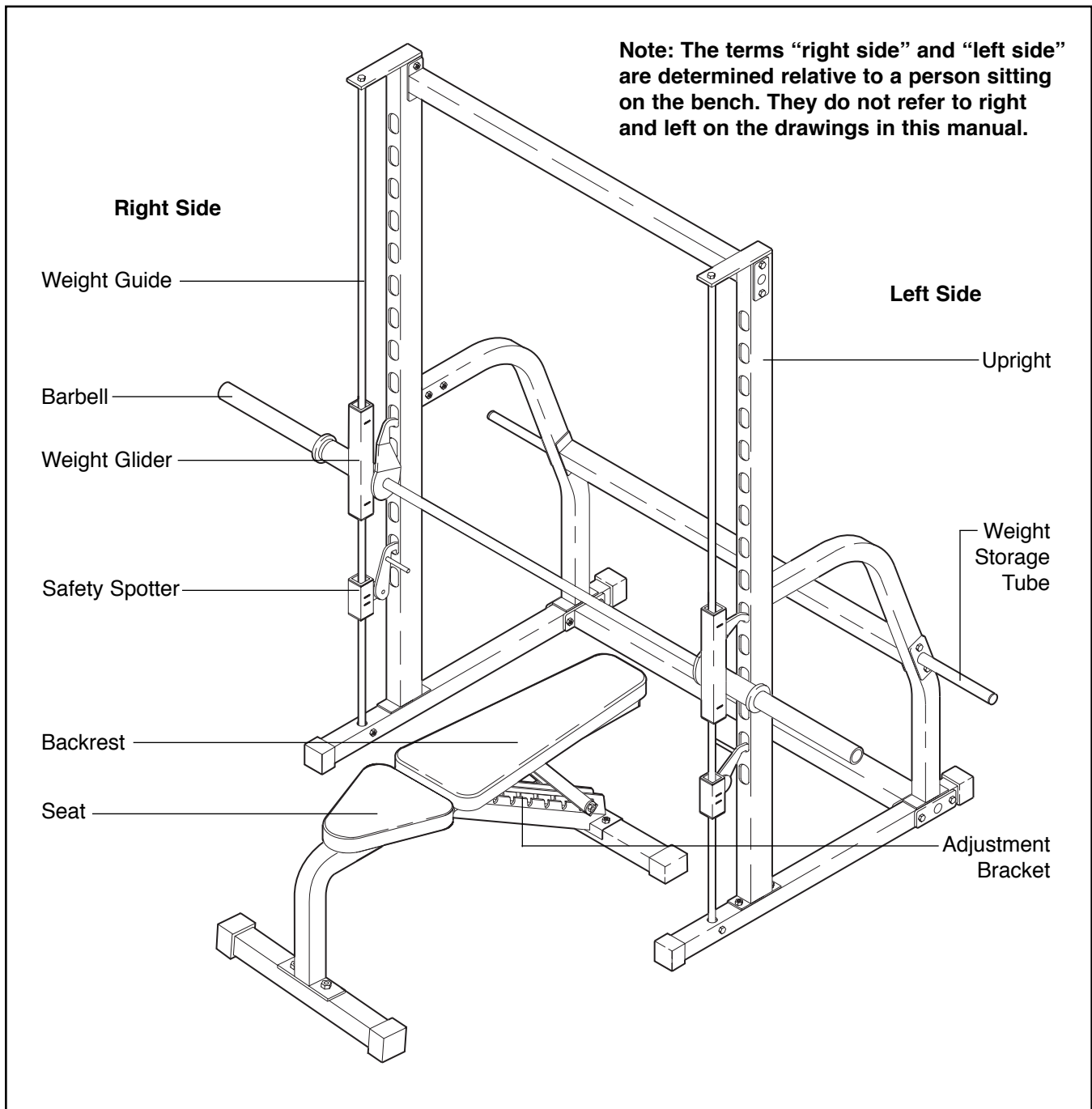
Before You Begin

Thank you for selecting the versatile IMAGE® 3.8 weight bench. The IMAGE® 3.8 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the IMAGE® 3.8 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the IMAGE® 3.8 weight bench. If you have additional questions, please call our Customer Service

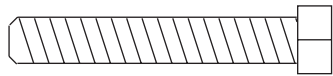
Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IMBE41990. The serial number can be found on a decal attached to the IMAGE® 3.8 (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

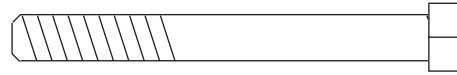


Part Identification Chart—Model No. IMBE41990

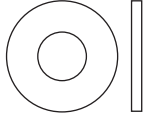
R1299A



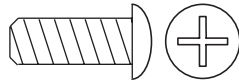
M6 x 38mm Bolt (60)—1



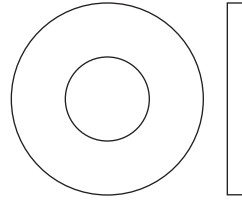
M6 x 55mm Bolt (4)—4



M6 Washer (30)—5



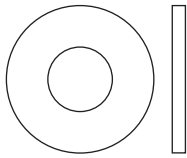
M6 x 16mm Screw (3)—2



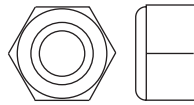
M10 Washer (6)—14



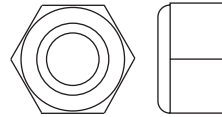
M8 x 80mm Bolt (9)—1



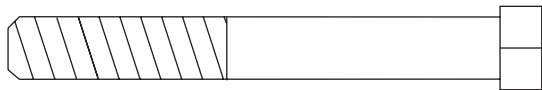
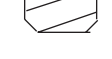
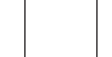
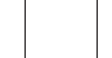
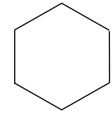
M8 Washer (52)—10



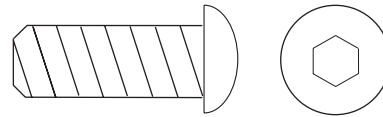
M8 Nylon Locknut (54)—13



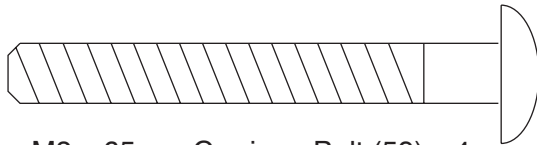
M10 Nylon Locknut (11)—24



M8 x 70mm Bolt (41)—4



M10 x 25mm Bolt (43)—2



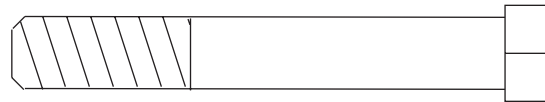
M8 x 65mm Carriage Bolt (59)—4



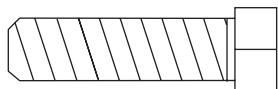
M10 x 65mm Carriage Bolt (40)—8



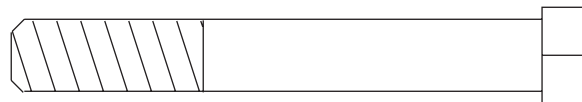
M8 x 60mm Bolt (39)—2



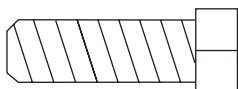
M10 x 65mm Bolt (42)—4



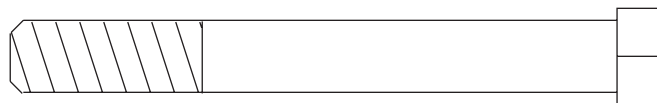
M8 x 30mm Bolt (38)—2



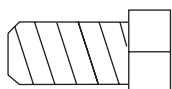
M10 x 70mm Bolt (46)—8



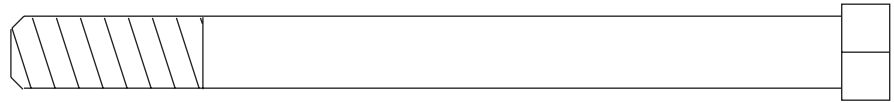
M8 x 25mm Bolt (53)—2



M10 x 80mm Bolt (56)—1



M8 x 16mm Screw (50)—2



M10 x 115mm Bolt (55)—1

M10 x 180mm Bolt (22)—2

Assembly


Before beginning assembly, carefully read the following information and instructions:





Make Things Easier for Yourself!

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. By setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5. **Note: Some small parts may be pre-assembled.**

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

In addition to the included allen wrench , assembly requires the following tools (not included):

- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

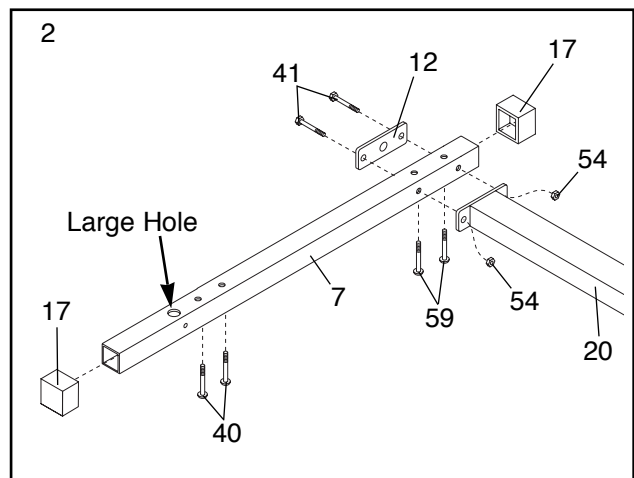
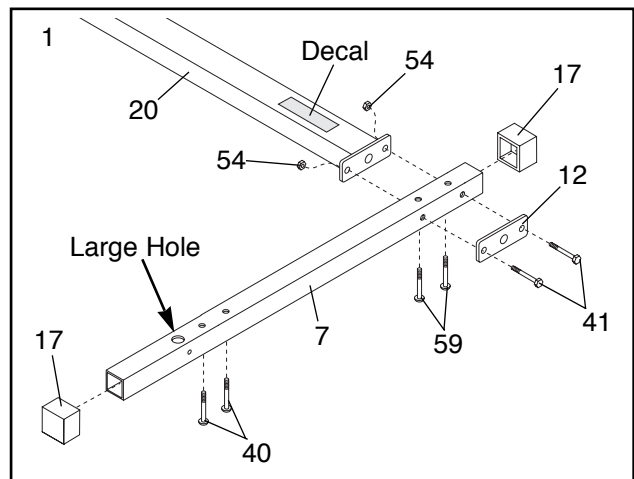
1. **Before beginning, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

Press a 50mm Square Outer Cap (17) onto each end of a Base (7). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (59) and two M10 x 65mm Carriage Bolts (40) up into the indicated holes in the Base. Place the Base flat on the floor.

Turn the Base Crossbar (20) so the warning decal is positioned as shown. Attach the Base (7) to the Base Crossbar with two M8 x 70mm Bolts (41), a Large Support Plate (12), and two M8 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**

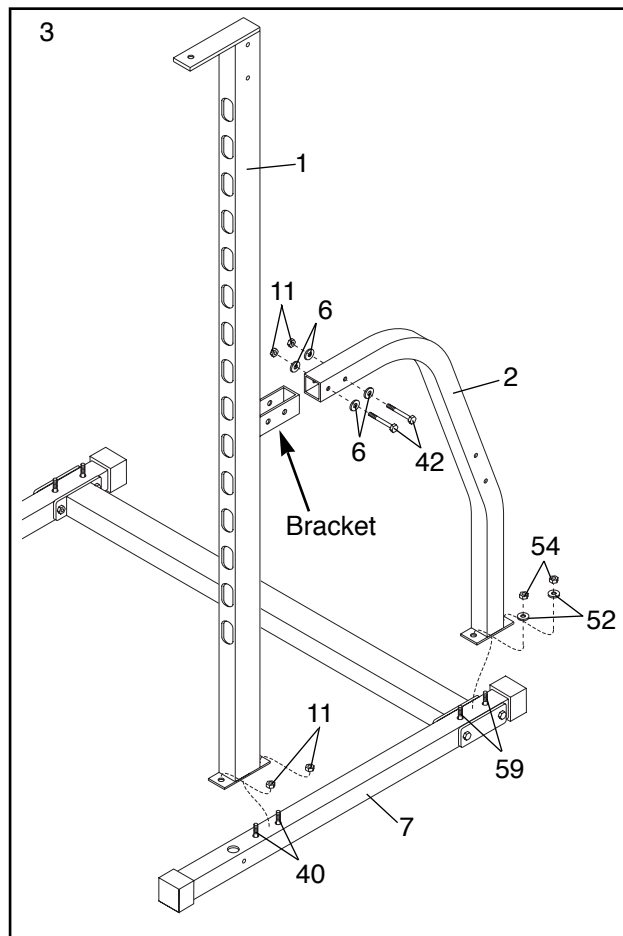
2. Press a 50mm Square Outer Cap (17) onto each end of the other Base (7). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (59) and two M10 x 65mm Carriage Bolts (40) up into the indicated holes in the Base. Place the Base flat on the floor.

Attach the Base (7) to the Base Crossbar (20) with two M8 x 70mm Bolts (41), a Large Support Plate (12), and two M8 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**



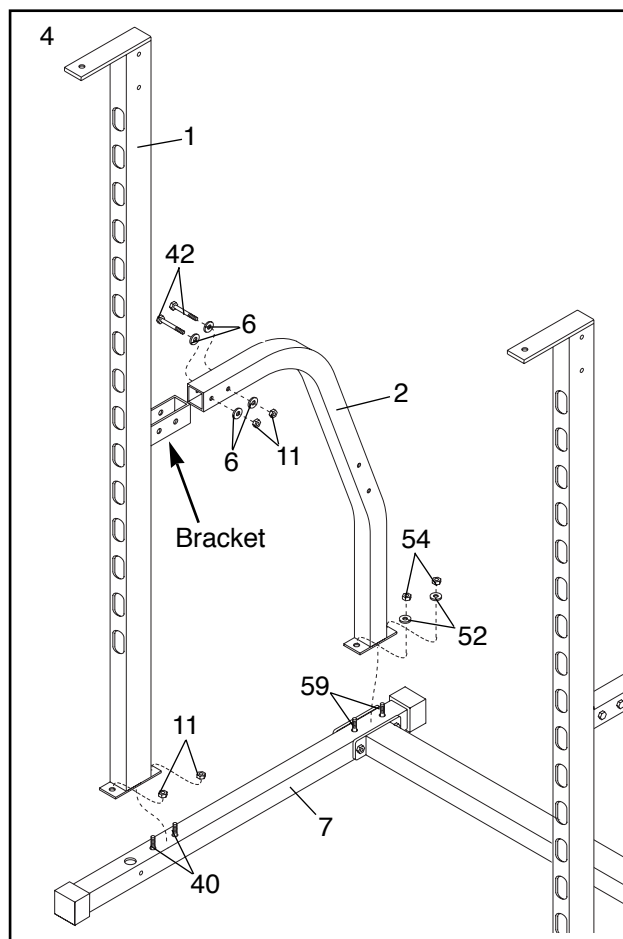
3. Slide a Brace (2) onto the bracket on one of the Uprights (1). Attach the Brace to the Upright with two M10 x 65mm Bolts (42), four M10 Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Slide the Upright (1) and the Brace (2) onto the M10 x 65mm Carriage Bolts (40) and the M8 x 65mm Carriage Bolts (59) in the left Base (7). Attach the Upright with two M10 Nylon Locknuts (11). Attach the Brace with two M8 Washers (52) and two M8 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**



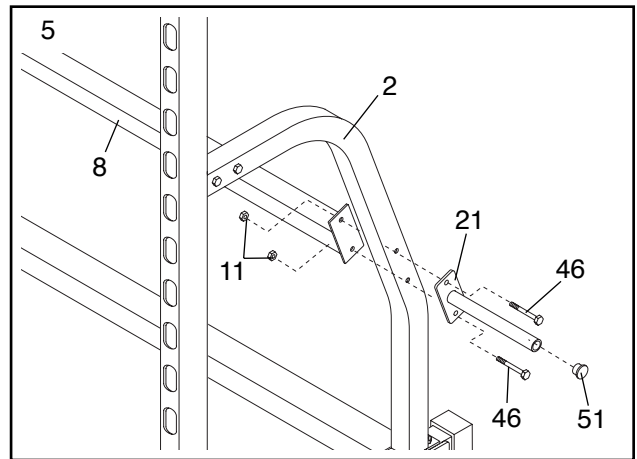
4. Slide the remaining Brace (2) onto the bracket on the other Upright (1). Attach the Brace to the Upright with two M10 x 65mm Bolts (42), four M10 Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Slide the Upright (1) and the Brace (2) onto the M10 x 65mm Carriage Bolts (40) and the M8 x 65mm Carriage Bolts (59) in the right Base (7). Attach the Upright with two M10 Nylon Locknuts (11). Attach the Brace with two M8 Washers (52) and two M8 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**



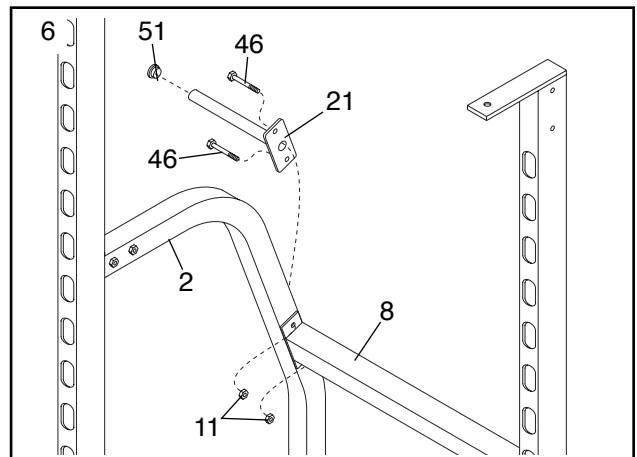
5. Press a 25mm Round Inner Cap (51) into the end of a Weight Storage Tube (21).

While a second person holds a Crossbar (8) in the position shown, insert two M10 x 70mm Bolts (46) through the bracket on the Weight Storage Tube (21), the left Brace (2), and the bracket on the Crossbar (8). Thread an M10 Nylon Locknut (11) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



6. Press a 25mm Round Inner Cap (51) into the end of the other Weight Storage Tube (21).

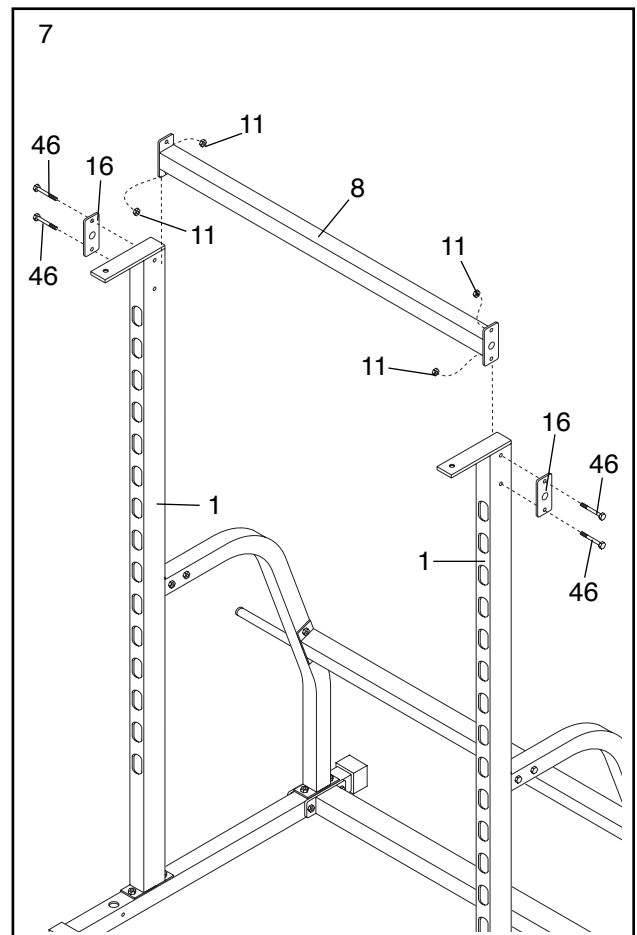
While a second person continues to hold the Crossbar (8), insert two M10 x 70mm Bolts (46) through the bracket on the Weight Storage Tube (21), the right Brace (2), and the bracket on the Crossbar (8). Thread an M10 Nylon Locknut (11) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



7. Have a second person hold the other Crossbar (8).

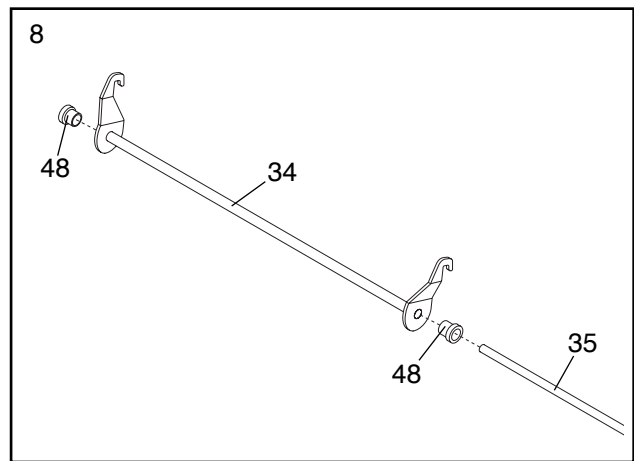
Attach the Crossbar (8) to the left Upright (1) with two M10 x 70mm Bolts (46), a Small Support Plate (16), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the Crossbar (8) to the right Upright (1) with two M10 x 70mm Bolts (46), a Small Support Plate (16), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



- Press a 25mm Bushing (48) into each end of the Locking Bar (34).

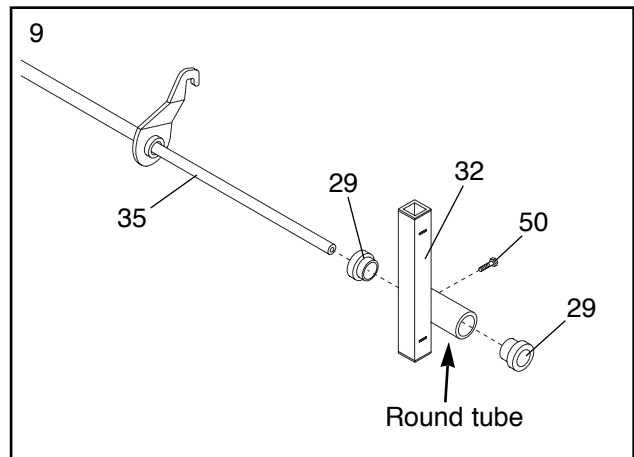
Insert the Barbell (35) through the Locking Bar (34) until the Barbell is centered in the Locking Bar.



- Identify the Left Weight Glider (32) by looking at the position of the round tube.

Press a 38mm Bushing (29) into each end of the round tube on the Left Weight Glider (32).

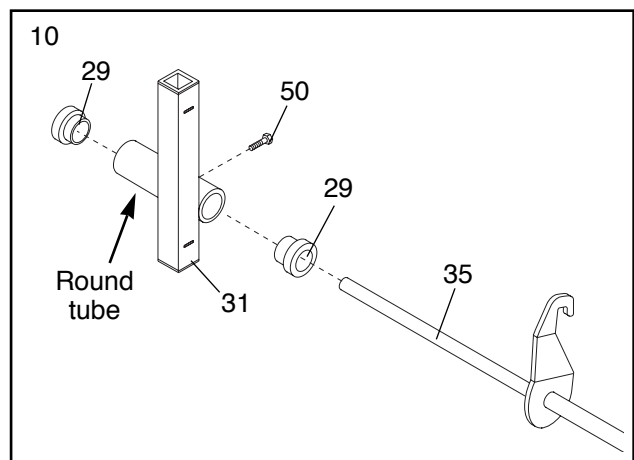
Slide the Left Weight Glider (32) onto the left end of the Barbell (35). Secure the Weight Glider to the Barbell with a hand-tightened M8 x 16mm Screw (50). **Look at the drawing on page 4 to make sure that you have correctly identified the left end. The Left Weight Glider must be turned as shown in the drawing.**



- Identify the Right Weight Glider (31) by looking at the position of the round tube.

Press a 38mm Bushing (29) into each end of the welded tube on the Right Weight Glider (31).

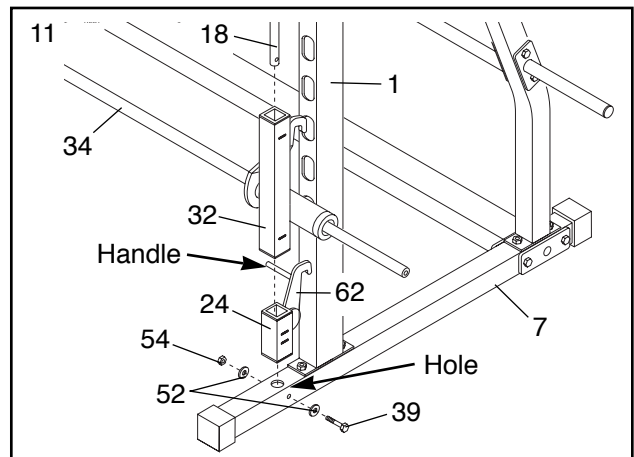
Slide the Right Weight Glider (31) onto the right end of the Barbell (35). Secure the Weight Glider to the Barbell with a hand-tightened M8 x 16mm Screw (50). **Make sure that the Weight Glider is turned as shown in the drawing.**



- Identify the Left Safety Spotter (24) by the position of the handle and the Left Spotter Hook (62). Place the Left Safety Spotter on the left Base (7) so it is centered over the indicated hole.

Have a second person hold the Locking Bar (34) so that the Left Weight Glider (32) rests on top of the Left Safety Spotter (24). Insert a Weight Guide (18) into the Left Weight Glider, the Left Safety Spotter, and the hole in the Base (7). **Note: Tilt the Weight Guide away from the Upright (1) as you insert it.**

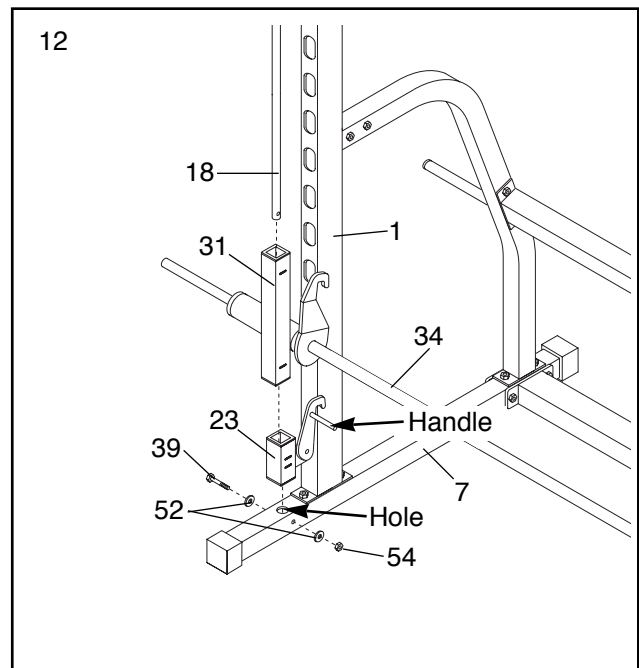
Attach the Weight Guide (18) to the Base (7) with an M8 x 60mm Bolt (39), two M8 Washers (52), and an M8 Nylon Locknut (54). **Do not tighten the Nylon Locknut yet.**



12. Place the Right Safety Spotter (23) on the right Base (7) and center it over the indicated hole. **Note: The handle must point toward the center of the bench.**

Have a second person hold the Locking Bar (34) so that the Right Weight Glider (31) rests on top of the Right Safety Spotter (23). Insert a Weight Guide (18) into the Right Weight Glider, the Right Safety Spotter, and the hole in the Base (7). **Note: Tilt the Weight Guide away from the Upright (1) as you insert it.**

Attach the Weight Guide (18) to the Base (7) with an M8 x 60mm Bolt (39), two M8 Washers (52), and an M8 Nylon Locknut (54). **Do not tighten the Nylon Locknut yet.**

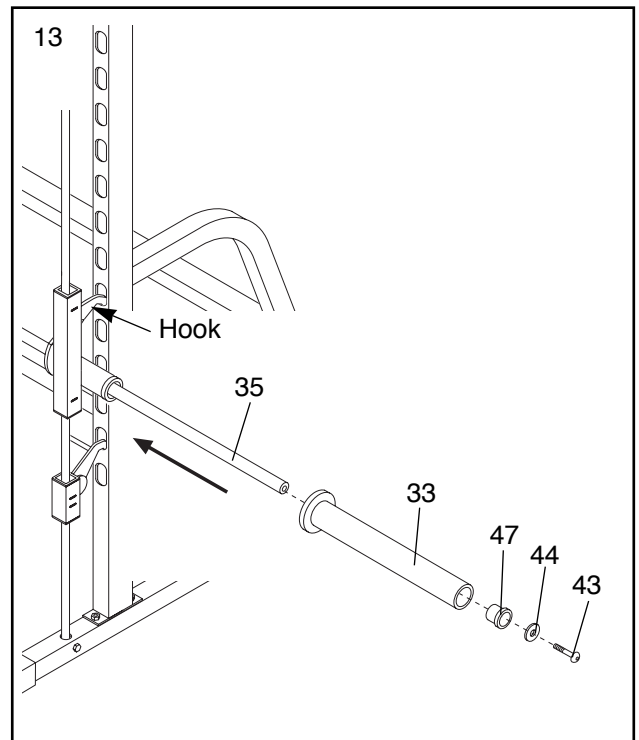


13. **Note: If you are not planning to use Olympic weights, do not perform this step. Keep the two Weight Adapters (33) in case you need them in the future.**

Fully engage the indicated hook on both sides of the weight bench before beginning this step.

Insert a 50mm Bushing (47) into the end of a Weight Adapter (33). With a second person holding the Barbell (35) so that it cannot turn, use the allen wrench to secure the Weight Adapter to the Barbell with a Large Washer (44) and an M10 x 25mm Bolt (43). **Note: The Large Washer must fit into the indentation in the 50mm Bushing (47) in the Weight Adapter.**

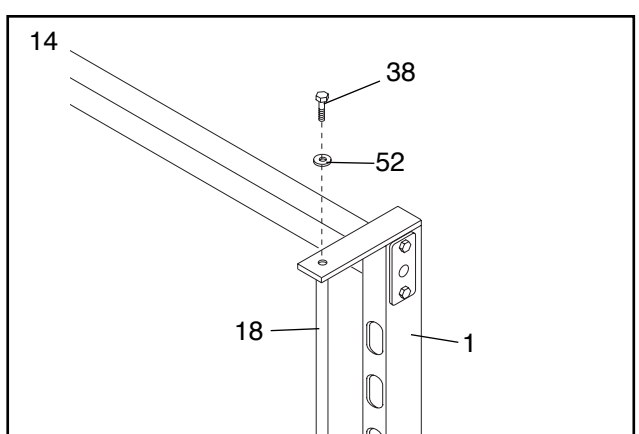
Pull the remaining length of the Barbell (35) in the direction shown. **Next, tighten the M8 x 16mm Screws used in steps 9 and 10.** Attach the other Weight Adapter (33) to the other end of the Barbell (35) in the same manner.



14. Attach the upper end of one of the Weight Guides (18) to the bracket on the Upright (1) with an M8 x 30mm Bolt (38) and an M8 Washer (52).

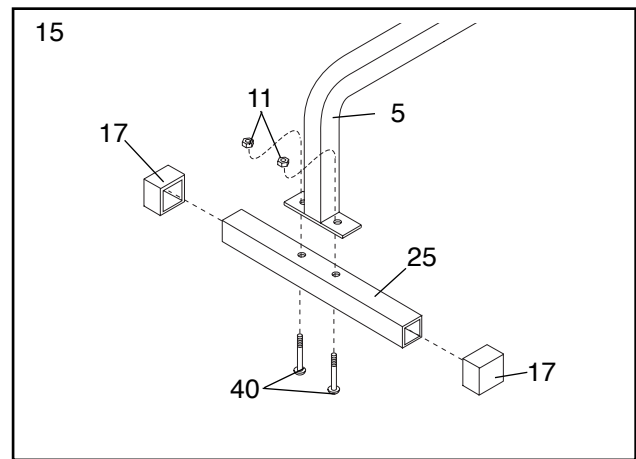
Attach the other Weight Guide (18) to the other Upright (1) in the same manner.

Tighten all of the Nylon Locknuts used in steps 1 to 14.



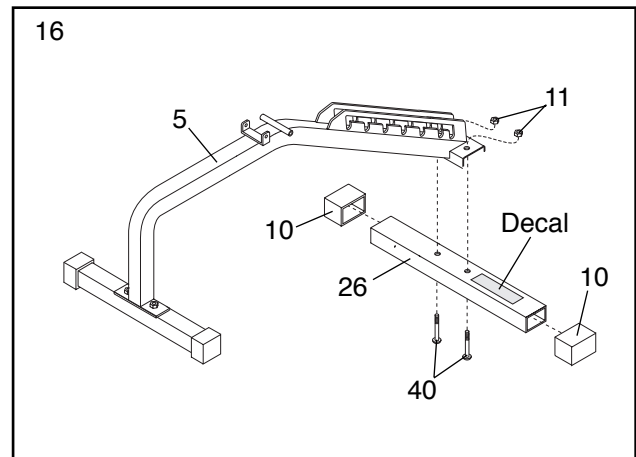
15. Press a 50mm Square Outer Cap (17) onto each end of the Small Stabilizer (25).

Attach the Small Stabilizer (25) to the Bench Frame (5) with two M10 x 65mm Carriage Bolts (40) and two M10 Nylon Locknuts (11). **Note: There is an indentation around the holes on one side of the Small Stabilizer. This side must be facing the floor.**



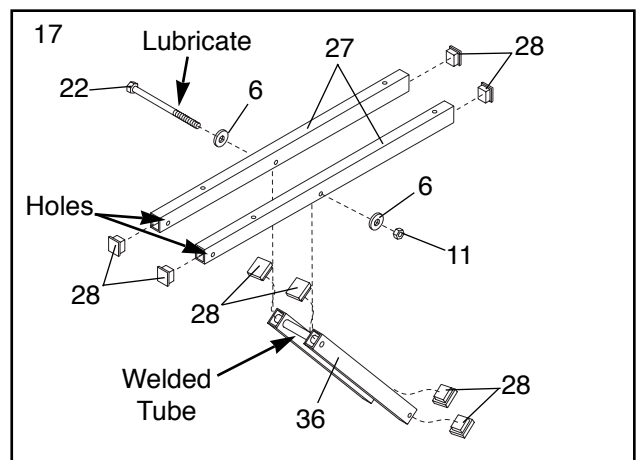
16. Press a 50mm x 70mm Outer Cap (10) onto each end of the Large Stabilizer (26).

Turn the Large Stabilizer (26) so the warning decal is in the position shown. Attach the Large Stabilizer to the Bench Frame (5) with two M10 x 65mm Carriage Bolts (40) and two M10 Nylon Locknuts (11). **Note: There is an indentation around the holes on one side of the Large Stabilizer. This side must be facing the floor.**



17. Press two 20mm x 40mm Inner Caps (28) into each Backrest Tube (27). Press four 20mm x 40mm Inner Caps into the Backrest Adjustment Bracket (36).

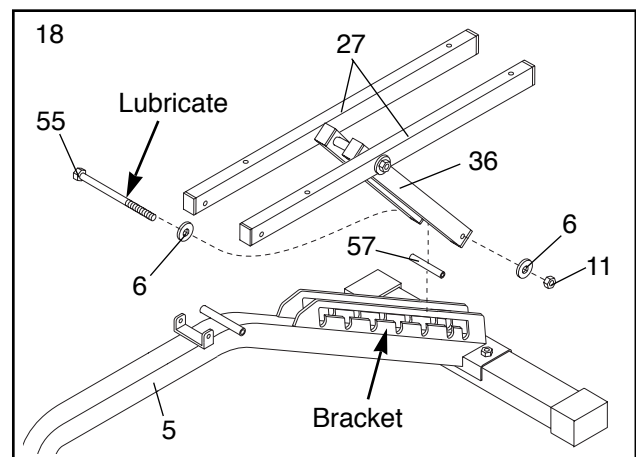
Lubricate an M10 x 180mm Bolt (22). Attach the Backrest Tubes (27) to the welded tube on the Backrest Adjustment Bracket (36) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are not centered in the Backrest Tubes but are closer to one side. Turn the Backrest Tubes so the holes are closer to the floor. Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



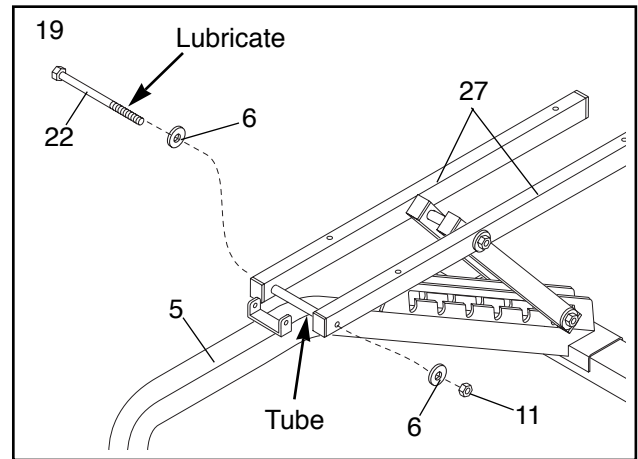
18. Attach the Backrest Adjustment Bracket (36) to the bracket on the Bench Frame (5) in the following way:

Lubricate an M10 x 115mm Bolt (55). Slide an M10 Washer (6) onto the Bolt and insert the Bolt through the indicated tube of the Backrest Adjustment Bracket (36).

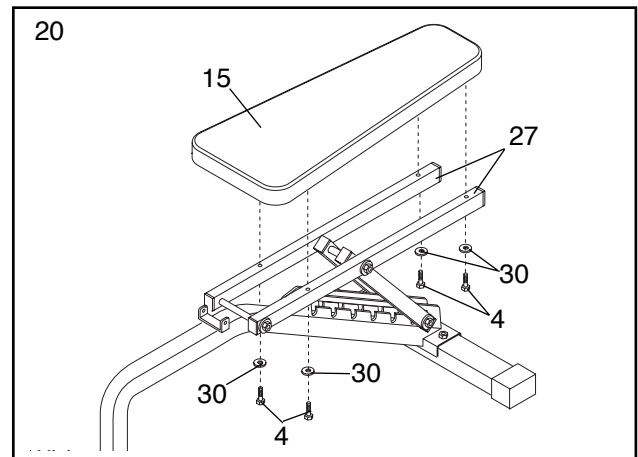
Hold the Backrest Adjustment Bracket (36) over the bracket on the Bench Frame (5). Insert the M10 x 115mm Bolt (55) through one side of the bracket. Slide the 15mm x 10.2mm x 60mm Spacer (57) onto the Bolt. Next, insert the Bolt through the other side of the bracket and the other tube of the Backrest Adjustment Bracket. Secure the Bolt with an M10 Washer (6) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut.**



19. Lubricate an M10 x 180mm Bolt (22). Attach the Backrest Tubes (27) to the indicated tube on the Bench Frame (5) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

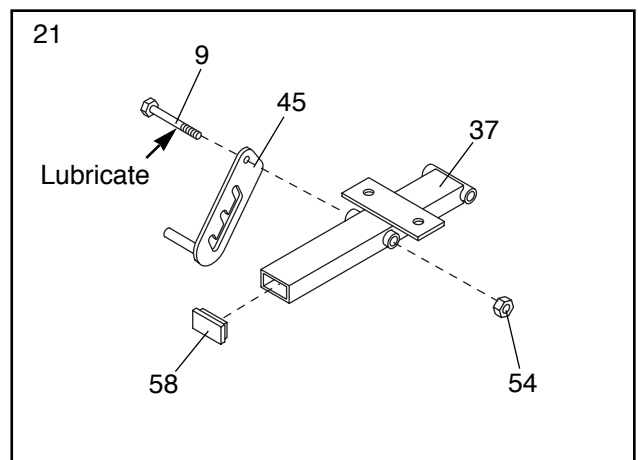


20. Attach the Backrest (15) to the Backrest Tubes (27) with four M6 x 55mm Bolts (4) and four M6 Washers (30).



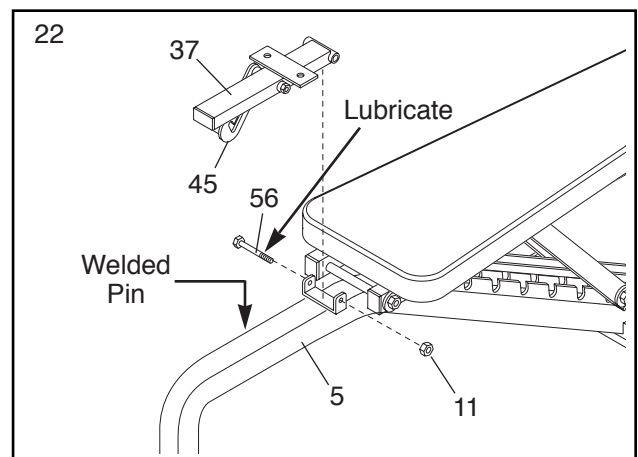
21. Press a 25mm x 50mm Inner Cap (58) into the open end of the Seat Support Tube (37).

Lubricate an M8 x 80mm Bolt (9). Attach the Seat Adjustment Bracket (45) to the indicated side of the Seat Support Tube (37) with the Bolt and an M8 Nylon Locknut (54). **Note: Do not overtighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**



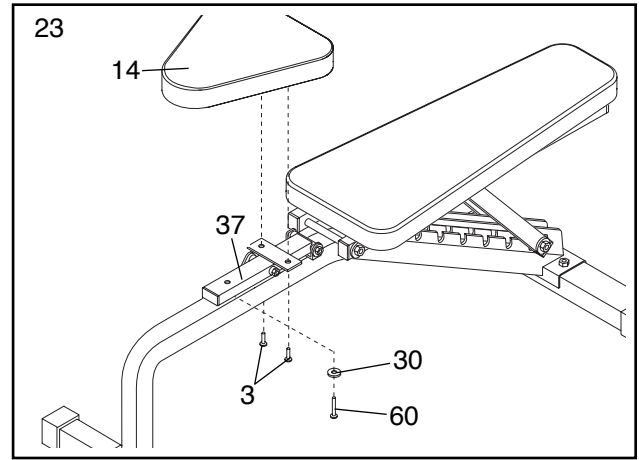
22. Place the Seat Support Tube (37) on the Bench Frame (5) so that the Seat Adjustment Bracket (45) fits over the welded pin (not visible in the drawing) on the side of the Bench Frame.

Lubricate an M10 x 80mm Bolt (56). Attach the Seat Support Tube (37) to the indicated bracket on the Bench Frame (5) with the Bolt and an M10 Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Seat Support Tube must pivot easily.**



23. Turn the Seat (14) as shown. Attach the wide end of the Seat to the bracket on the Seat Support Tube (37) with two M6 x 16mm Screws (3).

Tilt the Seat Support Tube (37) upwards and attach the narrow end of the Seat (14) to the Seat Support Tube with an M6 x 38mm Bolt (60) and an M6 Washer (30).



24. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTING THE WEIGHT BENCH starting on the following page.

Adjusting the Weight Bench

This section explains how the weight bench is adjusted. See the included exercise guide for important information about how to perform a variety of exercises and how to get the greatest benefit from your exercise program.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

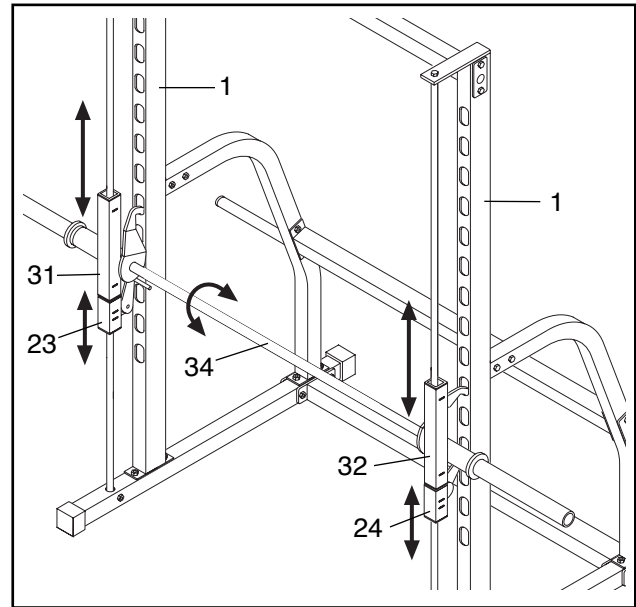
USING THE LOCKING BAR AND SAFETY SPOTTERS

Before starting an exercise, position the barbell and the Safety Spotters (23, 24) in the correct position for that exercise.

To do this, stand in front of the cage and grip the Locking Bar (34) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (1). Move the Locking Bar to a new position and turn the Locking Bar until the hooks engage the slots in the Uprights.

Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.

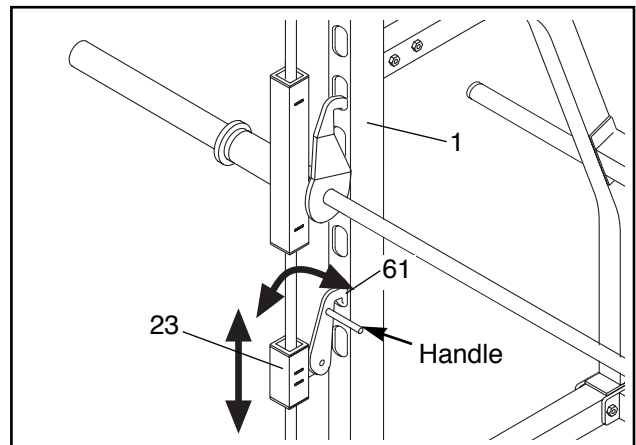
Position both Safety Spotters (23, 24) directly under the Weight Gliders (31, 32).



USING THE SAFETY SPOTTERS

To move a Safety Spotter (23, 24 [not shown]) to a new position, grip the handle on one side of the Spotter Hook (61, 62 [not shown]) and pull the Spotter Hook out of the slot in the Upright (1). Raise or lower the Safety Spotter to a new position and turn the Spotter Hook until it engages one of the slots in the Upright.

WARNING: Always set both safety spotters at the same height.

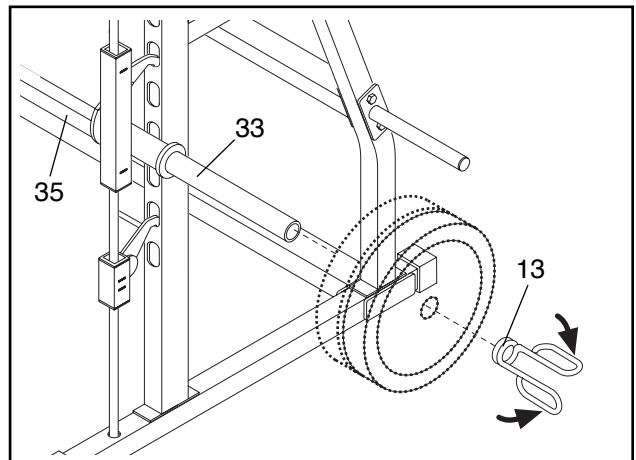


ATTACHING WEIGHTS TO THE BARBELL

To use the Barbell (35), slide the desired amount of weight (not included) onto each end of the Barbell. Secure the weights with the Large Weight Clips (13).

Note: To use standard weights, the Weight Adapters (33) should be removed from the Barbell (35). Attach weights to the Barbell with the Small Weight Clips (not shown).

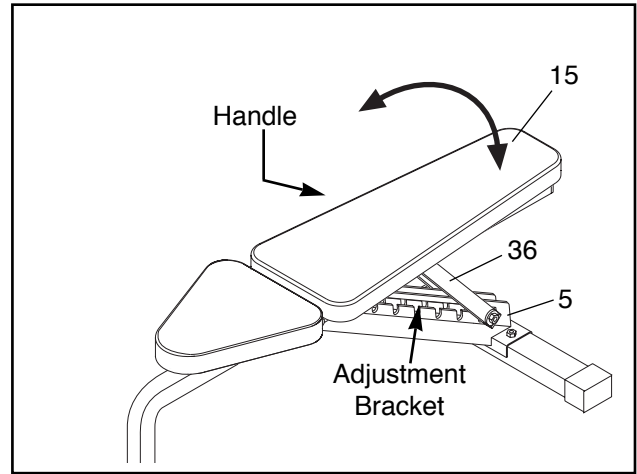
WARNING: Do not place more than 260 pounds on the barbell. Always secure the weights with weight clips when they are on the barbell. Always place the same amount of weight on each side of the barbell.



ADJUSTING THE BACKREST

To raise the Backrest (15), grip the end of the Backrest with one hand and pull it upward. The Backrest Adjustment Frame (36) will automatically lock into one of the tabs on the bracket on the Bench Frame (5).

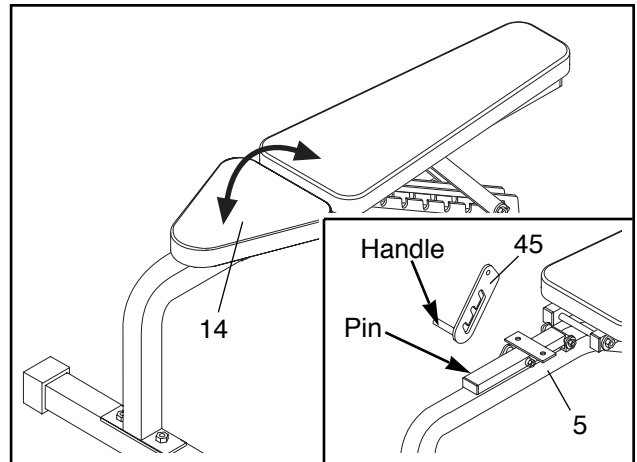
To lower the Backrest (15), grip the end of the Backrest with one hand and pull it slightly upwards. Grip the handle (not shown) on the right side of the Backrest Adjustment Frame (36) with your other hand and pull the Backrest Adjustment Frame free of the tabs on the bracket on the Bench Frame (5). Lower the Backrest to the desired position and lock the Backrest Adjustment Frame into the desired tab on the bracket on the Bench Frame.



ADJUSTING THE SEAT

To raise the Seat (14), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (45) engages the welded pin (not shown) on the right side of the Bench Frame (5).

To lower the Seat (14), use the handle on the Seat Adjustment Bracket (45) to disengage the Seat Adjustment Bracket from the pin. Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket to the pin.



Part List—Model No. IMBE41990

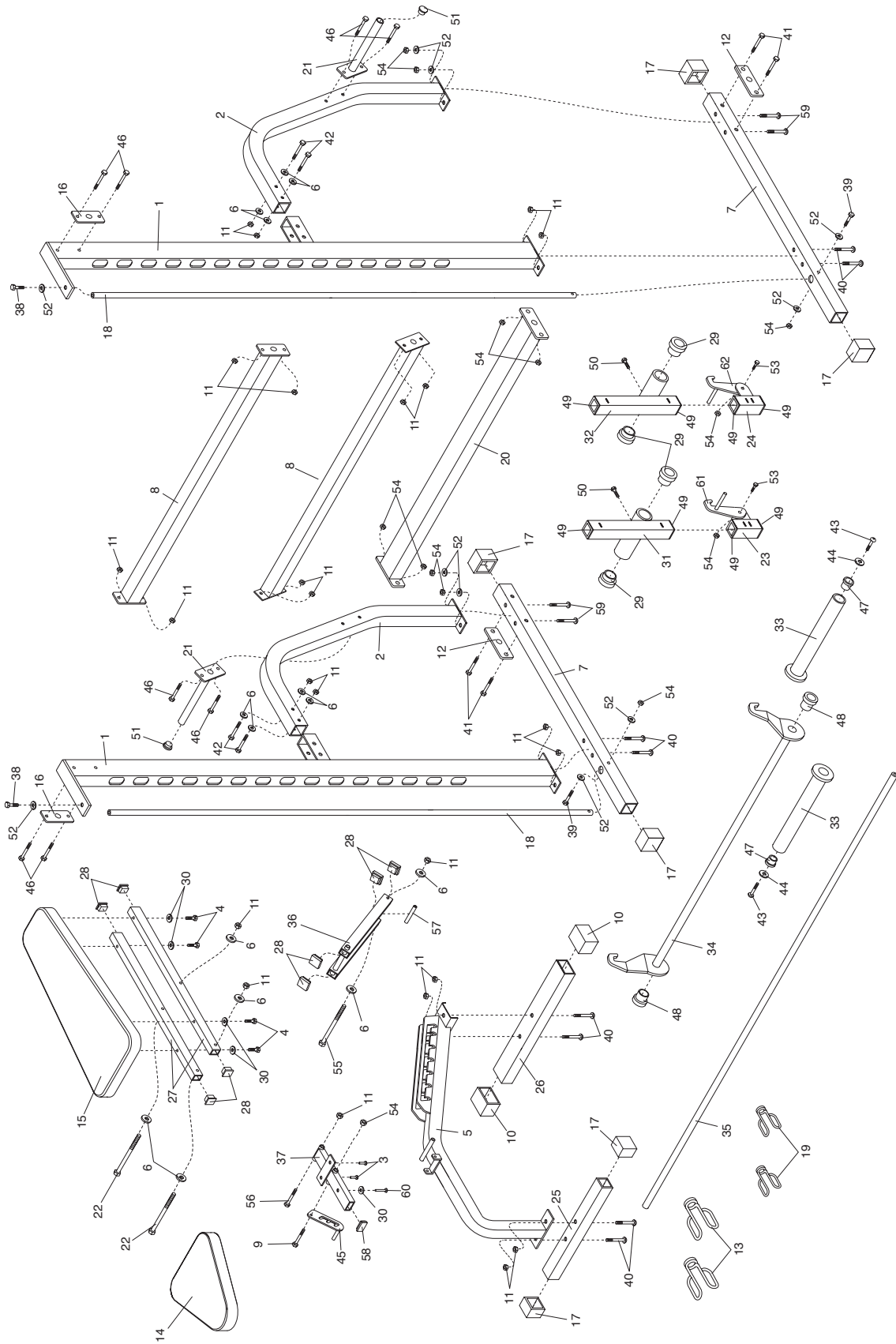
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	34	1	Locking Bar
2	2	Brace	35	1	Barbell
3	2	M6 x 16mm Screw	36	1	Backrest Adjustment Bracket
4	4	M6 x 55mm Bolt	37	1	Seat Support Tube
5	1	Bench Frame	38	2	M8 x 30mm Bolt
6	14	M10 Washer	39	2	M8 x 60mm Bolt
7	2	Base	40	8	M10 x 65mm Carriage Bolt
8	2	Crossbar	41	4	M8 x 70mm Bolt
9	1	M8 x 80mm Bolt	42	4	M10 x 65mm Bolt
10	2	50mm x 70mm Outer Cap	43	2	M10 x 25mm Bolt
11	24	M10 Nylon Locknut	44	2	Large Washer
12	2	Large Support Plate	45	1	Seat Adjustment Bracket
13	2	Large Weight Clip	46	8	M10 x 70mm Bolt
14	1	Seat	47	2	50mm Bushing
15	1	Backrest	48	2	25mm Bushing
16	2	Small Support Plate	49	8	45mm x 45mm Bushing
17	6	50mm Square Outer Cap	50	2	M8 x 16mm Screw
18	2	Weight Guide	51	2	25mm Round Inner Cap
19	2	Small Weight Clip	52	10	M8 Washer
20	1	Base Crossbar	53	2	M8 x 25mm Bolt
21	2	Weight Storage Tube	54	13	M8 Nylon Locknut
22	2	M10 x 180mm Bolt	55	1	M10 x 115mm Bolt
23	1	Right Safety Spotter	56	1	M10 x 80mm Bolt
24	1	Left Safety Spotter	57	1	15mm x 10.2 mm x 60mm Spacer
25	1	Small Stabilizer	58	1	25mm x 50mm Inner Cap
26	1	Large Stabilizer	59	4	M8 x 65mm Carriage Bolt
27	2	Backrest Tube	60	1	M6 x 38mm Bolt
28	8	20mm x 40mm Inner Cap	61	1	Right Spotter Hook
29	4	38mm Bushing	62	1	Left Spotter Hook
30	5	M6 Washer	#	1	User's Manual
31	1	Right Weight Glider	#	1	Exercise Guide
32	1	Left Weight Glider	#	1	6mm Allen Wrench
33	2	Weight Adapter			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. IMBE41990

R1299A



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (IMBE41990)
- The NAME of the product (IMAGE® 3.8 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

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